

Meal Plan: 6/19-6/25/17

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Monday:

B - [Peanut Butter Milkshake](#) (S)

L - large salad with (1) hard boiled egg, cheddar cheese and Ranch dressing with water to drink (S)

S - handful of almonds and strawberries with [Cider Pop](#) to drink (S)

D - [Egg Roll in a Bowl](#) with water to drink (S)

Tuesday:

B - (2) scrambled eggs and 1/2 of a Dannon 000 Greek Yogurt with [Sweet & Spicy tea](#) to drink (S)

L - Just Like Campbell's Tomato Soup with fresh veggies on the side with Cider Pop to drink (S) pg. 112 in the [THM Cookbook](#)

S - 1/2 c. 1 % cottage cheese with 1/4 c. of blueberries on the side with water to drink (FP)

D - [Taco](#) Salad topped with cheddar cheese, sour cream and salsa with [Cherry Cola Zevia](#) to drink (S)

Wednesday:

B - (2) scrambled eggs and 1/2 a Dannon 000 Greek Yogurt with [Sweet & Spicy](#) tea to drink (S)

L - Waldorf Cottage Cheese Salad with Cider Pop to drink (E) pg. 190 in the [THM Cookbook](#)

S - 1 oz. cheddar cheese with some strawberries and water to drink (S)

D - [Lentil Soup for the Soul](#) with water to drink (E)

Thursday:

B - [Green Smoothie](#) (E) ***Omit the banana

L - leftover Lentil Soup for the Soul with water to drink (E)

S - 1/2 c. of 0% Plain Greek Yogurt with 2 T. of peanut butter and 1 t. of [Pyure](#) mixed in with water to drink (S)

D - Grilled chicken breasts over 3/4 c. of quinoa with steamed broccoli on the side with water to drink (E) ***I'm having my husband cook up an extra chicken breast to use for lunch tomorrow. Also, I'm using frozen broccoli.

Friday:

B - [Thin Mint Shake](#) (S)

L - large salad with chicken breast and Ranch dressing with Cider Pop to drink (S)

S - handful of almonds and strawberries with water to drink (S)

D - Pizza Casserole with fresh veggies on the side and [Cherry Cola Zevia](#) to drink (S) pg. 327 in the [old THM book](#)

Saturday:

B - (2) scrambled eggs with green peppers, onions and cheddar cheese mixed in with water to drink (S)

L - out

S - Grapefruit Slushy (E) pg. 372 in the [THM Cookbook](#)

D - [Fajita Marinated Flank Steak](#) with green peppers and onions served over lettuce and topped with sour cream and cheddar cheese with water to drink (S)

Sunday:

B - 1/2 c. 0% Plain Greek Yogurt with 2 T. peanut butter and 1 t of [Pyure](#) mixed in with water to drink (S)

L - leftover Fajita Steak over lettuce, topped with sour cream and cheddar cheese with Cider Pop to drink (S)

S - [Strawberry Grapefruit Smoothie](#) (E)

D - [Mexican Stuffed Peppers](#) with lettuce on the side and water to drink (E) ***I'm making a whole batch of the "stuffing", but only using half of the peppers recommended. My kids won't eat it in the pepper, so they just eat it without.